

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Washington 25, D. C.

CONSUMER EDUCATION IN RELATION TO ONE-DISH MEALS*

Main-dish meals are one of the demonstrations for home extension clubs in Red Willow County in 1952.

Foods to be prepared:

Sausage surprise.
Cheese puffs.

I. Objectives:

1. To show principles in food selection.
2. To help homemakers become better consumers by informing them about food:
 - a. Uses.
 - b. Storage.
 - c. Servings in a pound.
 - d. Best buys (points to consider).

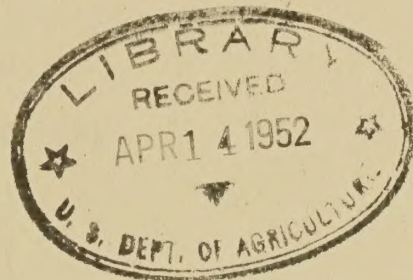
II. Points to be taught.

Sausage Surprise

1. Selection of sweetpotatoes.
 - (1) Kinds: (1) dry, (2) moist flesh.
 - (2) Smooth: well shaped; bright.
 - (3) Same degree of maturity.
 - (4) Most economical when in greatest supply.
 - (5) Food value.
 - (6) Storage temperatures.
 - (7) Servings per pound, three to four.
2. Sausage.
 - (1) Bulk.
 - (2) Packaged.
 - (3) Home-butchered.
 - (4) Compare costs with other pork cuts.
 - (5) Servings per pound, four.
3. Oranges.

Select oranges

 - (1) Firm.
 - (2) Heavy for size.
 - (3) Fine-textured skin.
 - (4) Color unimportant.
 - (5) Most economical--in greatest supply.



*Anne Bute, home extension agent, Red Willow County, Nebr., outlines how she includes food buying in her foods and nutrition demonstration. July 30, 1951.

4. Foods to complete meal.

Salad.

Dessert.

Bread and butter or margarine.

Beverage.

Cheese Puffs

(Milk, eggs, cheese)

1. Milk.

(1) Kinds:

Whole; skim; evaporated; dried.

(2) Compare costs of above.

(3) Food value:

Protein, calcium, vitamins.

(4) Storage:

Covered; cold; dark.

2. Eggs.

(1) Grades:

(a) A. Characteristics - air cell; white; yolk; area covered.

(b) B. Characteristics - air cell; white; yolk; area covered.

(c) C. Characteristics - air cell, white; yolk; area covered.

(2) Uses:

(a) Grade A - table.

(b) Grade B - table; baking; cooking.

(c) Grade C - cooking and baking, scrambled.

Just as nutritious.

(3) Sizes (only three sizes in our local stores):

Large--24 ounces or more.

Medium--21 ounces or more.

Small--18 ounces or more.

(4) Selection and care of eggs:

(a) Buy grade for their use.

(b) Buy refrigerated; keep refrigerated.

(c) Keep away from strong odors.

(d) Buy at least one week's supply.

(5) Food value:

Protein; minerals; vitamins.

813616

3. Cheese.

(1) Kinds of American cheese.

- (a) Mild.
- (b) Mellow.
- (c) Nippy.
- (d) Sharp.

(2) In buying cheese (and using).

- (a) Select according to flavor and use.
- (b) Keep in refrigerator.
- (c) Cover cut surfaces with waxed paper.
- (d) Cook at low temperatures.
- (e) Use "aged" cheese for cooking.

(3) Food value.

- (a) Protein.
- (b) Calcium.
- (c) Riboflavin.

4. Foods to complete meal.

Salad; dessert; beverage.

III. Methods:

- 1. Leader-training meeting.
- 2. Show food items purchased.
 - (a) Good points.
 - (b) Undesirable points.
- 3. Demonstration.
- 4. Charts--eggs, poultry and egg National Board
- 5. Flannelgraph.
- 6. News items; radio.

IV. Who is to be taught:

- 1. Leaders of home extension clubs.
Members of home extension clubs.
- 2. 4-H leaders.
Members of 4-H Clubs.
- 3. Other groups, where home agent has program to present.
- 4. Callers at office.
- 5. People who read articles.
- 6. Those who listen to radio.

V. References:

Better Food for Better Health - Conie Foote.
Food Marketing Bulletins - Extension Marketing Information Office.
Practical Book of Food Shopping - Helen Stone Howey.
Kay Reynolds.
Leaflets - "throw-aways."
U.S.D.A. Bulletin - Guides for Selecting Fruits and
Vegetables (may not be exact title)
Better Buymanship - Use and Care of Fresh Fruits and Vegetables.
Planning Food for Institutions. Agricultural Handbook No. 16.

VI. Teaching Materials Needed:

Real foods - those used in demonstration.
Charts - eggs.
Make thermometer.
Basic 7 Food Chart.
Scales.
"Throw-aways."
Forms of milk.

I plan to do "5-minute" consumer education at all demonstrations.
Sometime during the year I plan:

1. Oranges (a) Fresh, frozen and canned juice, concentrate.
(b) Servings and cost per serving.
(c) Uses.
2. Prunes - what to look for; servings; storage; uses.
3. Apples - what to look for; servings; storage; uses.
4. Cabbage- what to look for; servings; storage; uses.
5. Carrots- what to look for; servings; storage; uses.
And others.